



# ANNUAL REPORT

## 2024-2025

anova

a future without violence.



[www.anovafuture.org](http://www.anovafuture.org)



# A Future Without Violence.

We believe in an inclusive world of shared power where everyone lives freely without fear of violence. Rooted in the pillars of safety, support, advocacy, and education, we provide shelter, counselling, crisis response, and resources for individuals impacted by gender-based violence.

We are working to create change to eliminate patriarchal patterns that result in gender-based violence and inequality. Our trauma-informed and inclusive services meet people where they are—offering paths to healing, hope, and change.

We're here to help people find safety today and build strength for tomorrow.

## VISION

Anova's vision is a world free from violence and trauma, where everyone has equitable access to compassionate support and healing.

## MISSION

As a settler organization on Turtle Island, Anova will provide a space that is inclusive, transparent, accountable and hopeful for all individuals who have experienced violence and trauma.

## MODELS OF SERVICE

Integrated and collaborative care is essential to address the multiple and complex needs of those we service.

Our work utilizes the following Models of Service:

*Feminist*

*Trauma & Violence Informed*

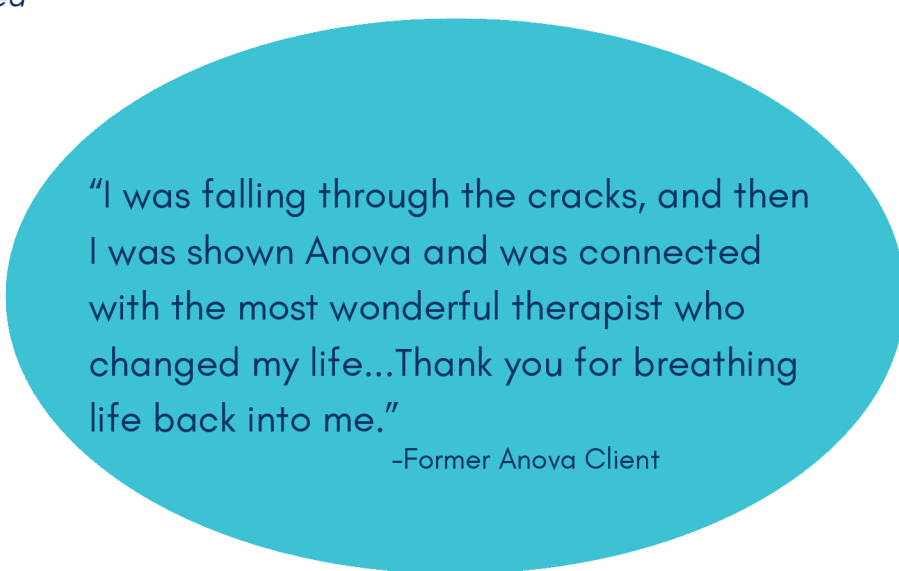
*Harm Reduction*

*Intersectional*

*Relational*

*Anti Oppression*

*Accessible*



"I was falling through the cracks, and then I was shown Anova and was connected with the most wonderful therapist who changed my life...Thank you for breathing life back into me."

-Former Anova Client




# SHELTER

Our shelter services experienced another year of exceptionally high demand, with 425 women, their dependents, and more than 50 pets finding refuge with us—a nearly 20% increase from the previous year. These numbers reflect not only the critical need for our services, but also the growing pressures families are facing as they try to escape violence. On the surface, the average length of stay in our shelters appears to be 45 days.

However, when we looked closer, removing the statistical outliers that can mask the real picture, a more pressing reality came to light: the average stay actually extends to 72 days. This stark increase illustrates just how deeply the housing crisis is impacting survivors of gender-based violence, forcing them to remain in short-term shelter far longer than intended because safe, affordable, and stable housing options are so limited.

Even in the face of this challenge, our dedicated team continues to prioritize every survivor's path to safety. We work tirelessly to connect women and their families with resources, advocate for housing solutions, and provide the support needed to rebuild their lives beyond our shelter doors. Our commitment remains unwavering: to ensure that each individual who turns to Anova can transition from crisis to security with dignity and hope.



# ADVOCACY

Over the last year advocacy continues to be a cornerstone for Anova. During this time there has been advocacy within our sector for funding that matches how our communities are changing and growing— including a formal submission and presentation to the provincial budget committee. In this submission we shared how London-Middlesex has grown and the impacts of inflation on costs at Anova, and how provincial investments in Anova's work needed to keep pace with these changes.

Alongside our Board of Directors we also reached out directly to the Minister of Children, Community and Social Services to ring the alarm bell about the particularly deadly summer of 2024. Through this advocacy, our team shared with the Minister's office the high rate of femicide, Anova's needs and our commitment to working collaboratively with provincial partners to address the concerning increase in femicides.

We also said goodbye to our long-standing gala event that helped us advocate and raise over \$200,000 in funds for our work. After over a decade we have replaced it with our new Signature Month – May. A month where we focus on Sexual Violence Prevention & host many events in the city alongside our new campaign #WeBelieveSurvivors.

# SUPPORT



Our support services remained a vital lifeline in the community this year. With the help of our dedicated volunteers, we responded to more than 7,700 calls to our 24-hour crisis and support line—each one representing a person reaching out for safety, guidance, or simply someone to listen. Beyond the immediate crisis response, we supported 353 individuals navigating the complex realities of the legal system through our Family Court Support Program and worked with 320 outreach clients who needed assistance building stability outside of shelter. Our sexual assault counselling team supported 186 survivors, and for the first time in recent years, we were able to reduce wait times—ensuring survivors could access care and healing more quickly when they needed it most.

Meanwhile, the team caring for Anova's physical spaces continued to strengthen the foundation of safety we provide. They managed nearly \$500,000 in capital improvements, including the installation of a new roof at Second Stage Housing—an investment that secures comfort and stability for the families living there. Beyond maintaining clean, welcoming environments and ensuring no one goes without food, this team went a step further: they began sharing their knowledge and skills with clients through practical workshops, teaching everything from cooking nutritious meals to handling basic household repairs. These efforts not only met immediate needs but also empowered residents with skills that build independence and confidence long after their time with us.

# EDUCATION



With a full education team, we have been able to focus on increasing our reach and delivering high-quality, evidence-based public education. Over the last year, we engaged 1,880 participants through workshops, presentations, and trainings on a wide range of topics—all designed to build awareness, challenge harmful norms, and spark meaningful conversations about gender-based violence.

This commitment to education also positioned Anova to take on an exciting new role at the provincial level. We were selected to receive training and deliver the program Coaching Boys into Men, an initiative that equips sports coaches with the tools to talk to their players about gender-based violence, respect, and consent. Coaches are often influential figures in young people's lives, and this program recognizes the unique opportunity they have to shape values, set positive examples, and disrupt harmful attitudes before they take root.

# Executive Director's Address

This past fiscal year the team at Anova has been focused on delivering the promise and mandate to community, ensuring our services are available, as well as, accessible and looking to how we can get better, day after day.

We have been proud of the work that has gone on, both on a small and large scale. The highlights include, supporting the merge of the Violence Against Women Coordinating Committees for London and Middlesex County. This work has not just merged these committees, but redesigned the structure with the membership to allow for more action, more shared leadership and a better way to be accountable to our mandate and community.

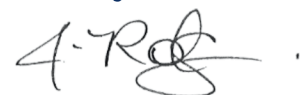
One of the most exciting developments out of this work has been this year's launch of the High Risk Femicide Prevention Table - a sub-committee of the newly merged Coordinating Committee. This new table brings community partners together quickly when a potential victim of femicide is identified, allowing for a swift and effective safety plan to be put in place. It provides another vital tool to protect women and children and ensures we can respond in a fast, coordinated, and dynamic way.

Along with this, we also received notification from the Ministry of Children, Community and Social Services that our needs assessment for a new shelter/sexual assault centre build was approved to move to the next stage of the process. This decision was the culmination of much work from many within our organization to thoughtfully make the case that our spaces were in dire need of replacement. We are very grateful to our partners at MCCSS who agreed that the demonstrated need was enough to green light the next stage of the process. While there is much work to be done, we are excited at the prospect of what comes next.

Both these projects respond to need in our community – something that we take very seriously. But they also do something important. These projects remind us that while much of our work can be reactionary, there is still room for hope. Hope that community partners can set aside protocols and red tape to quickly respond to a safety need. Hope that survivors of violence deserve trauma and violence informed spaces where they can heal and grow.

We so look forward to continuing the journey with all of you to create a safer and more joyful community.

Thank you,



Jessie Rodger



# Message from the Board of Directors

This past year has been marked by both challenges and progress, and through it all, the Anova team—our staff, volunteers, and community partners—has shown extraordinary dedication.

Together, we provided safe shelter for hundreds of women, children, and pets; delivered education to nearly 2,000 community members; responded to thousands of crisis calls; and continued to advocate for systemic change.

These are not just numbers, but lives supported and hope restored. We also celebrate a major milestone: the Ministry's decision to move forward with Anova's proposal for a new shelter and sexual assault centre. This is an important step toward creating the safe, trauma-informed, and dignified spaces that survivors urgently need.

Another highlight was our #WeBelieveSurvivors campaign, which challenged harmful myths, affirmed survivors, and inspired collective action. It reminded us that real change begins not only in shelters and courtrooms, but also in conversations and communities.

As a Board, we are proud of these achievements and profoundly grateful to all who walk beside us as we continue building a future without violence.

With gratitude,

Rachel Pringle  
- Board Chair

## 2024-2025

RACHEL PRINGLE (CHAIR)

LEENAT JILANI (CO-VICE CHAIR)

COURTNEY PYRKE (CO-VICE CHAIR)

DUSTIN DELEGARDE  
(TREASURER/SECRETARY)

TARA LUNDY

ZOHRA BHIMANI

BRANDI MCILVENNY

ANDREA NICHOLSON

SEIDY RAYO

ANNA STOLL

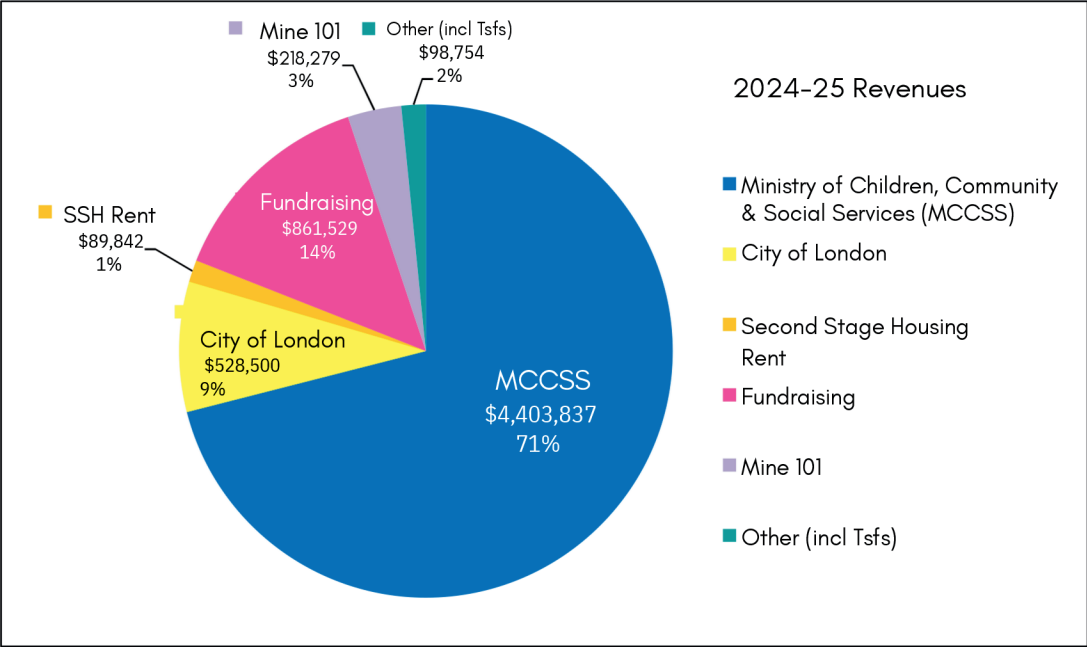
KENDRA TOBIN

Any questions or inquiries for the board please email  
[anovafuturerecruit@gmail.com](mailto:anovafuturerecruit@gmail.com)

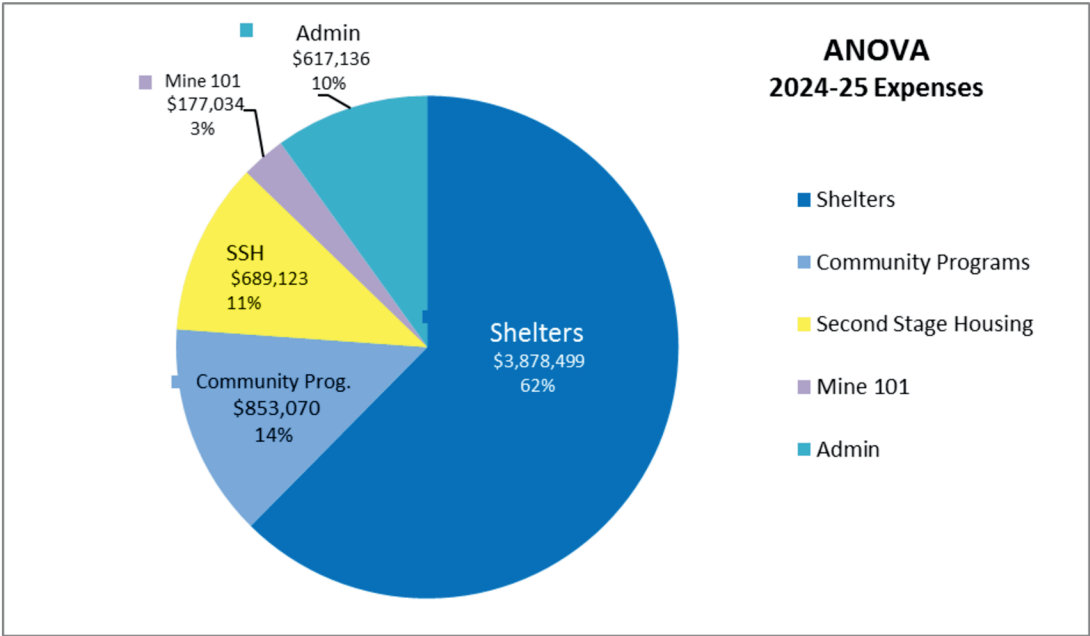




# Investing in a Future Without Violence



**Total Revenue: \$6,200,741**



**Total Expenses: \$6,214,863**

Note: These figures may not correspond to the audited financial statements. This report is available within a reasonable time frame, in accessible formats for all abilities (large print, audio form etc.) and may be ordered by contacting Jessie Rodger at 519.642.3003 or [jessier@anovafuture.org](mailto:jessier@anovafuture.org).

# THANK YOU TO OUR DONORS

Your generosity turned fear into hope.

Every step forward we take is because of you. Your generosity, your advocacy, and your belief in our mission have created real, measurable change for survivors and their families. This past year's progress belongs to all of us—but especially to you, our supporters, who make this work possible.



**\$53,882.61**

value of essential items for residents

**17,372**

bed nights for women & children

**562**

first time donors

**842**

pet nights at shelter

**629**

hours of Sexual Assault Counselling

**10,157.5hrs**

total volunteer hours contributed  
(20% increase)

**11 volunteers**

met our 250 hour Milestone

**5 volunteers**

met our 500 hour Milestone

**1 volunteer**

met our 1000 hour Milestone

## A PATH FORWARD

As we look ahead, we are committed to building on our successes with a renewed focus on three priorities:



expanding access to safe shelter



deepening support services for healing



strengthening prevention efforts that  
address the root causes of violence



## 24 Hour Crisis & Support Line

519.642.3000 or 1 800.265.1576

### Emergency Shelters:

101 Wellington Rd N6C 4M7  
450 Clarke Rd N52 6H1

### Sexual Assault Counseling Services & Business Office

255 Horton St N6B 1L1  
519.642.3003

### Second Stage Housing

1416 Ernest Ave N6E 3R3

### Mine 101 - Social Enterprise

#### Women's Wear Boutique

900 Oxford St E N5Y 5A1  
519.453.5550

### Online:



@anovafutureldn



@anovafuture



@anovafutureldn.bsky.social

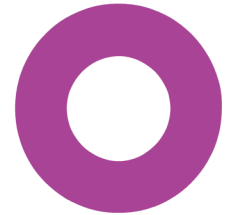
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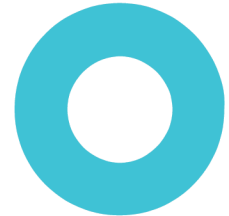
*Multiple languages available including ASL*



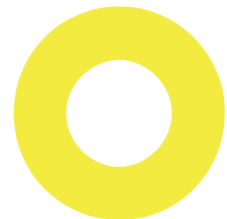
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A D V O C A C Y



S U P P O R T



E D U C A T I O N

# THANK YOU

We extend our deepest gratitude to our community, supporters, and partners for standing with us in our mission to create a future without violence. Your commitment and generosity make our work possible.  
Together, we are stronger.

-All of us at Anova